

## METHODS FOR TARGETED ELECTROSURGERY ON CONTAINED HERNIATED DISCS

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### ABSTRACT OF THE DISCLOSURE

Apparatus and methods for treating an intervertebral disc by ablation of disc tissue. A method of the invention includes positioning at least one active electrode within the intervertebral disc, and applying at least a first high frequency voltage between the active  
10 electrode(s) and one or more return electrode(s), wherein the volume of the nucleus pulposus is decreased, pressure exerted by the nucleus pulposus on the annulus fibrosus is reduced, and discogenic pain of a patient is alleviated . In other embodiments, a curved or steerable probe is guided to a specific target site within a disc to be treated, and the disc tissue at the target  
15 site is ablated by application of at least a first high frequency voltage between the active electrode(s) and one or more return electrode(s). A method of making an electrosurgical probe is also disclosed.